TIMELESS WISDOMS

Why Am I here?

The Essential Teachings of MSIA – Book 2

TIMELESS WISDOMS

Why Am I here?

Mandeville Press

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323-737-4055

jrbooks@mandevillepress.org

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John-Roger has a unique ability to articulate truths about life here and in the Spirit. He puts into words for our time the timeless wisdoms of lovers and knowers of God through the ages.

The titles of the chapters on each page of this booklet are phrases that John-Roger repeated over and over again in the thousands of talks, seminars, and Question and Answer sessions he gave throughout the world for over forty years. They are a wonderful and clear distillation of the teachings of the Movement of Spiritual Inner Awareness (MSIA).

This booklet is one of a series of four excerpted from the book, Timeless Wisdoms by John-Roger, DSS. To read the book in its original form, please visit:
https://www.msia.org/shop/product/timeless-wisdoms/

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The journey of your Soul is to return to an awareness of and a oneness with God. We call this path Soul Transcendence.

– John-Roger

The choice that you, as a Soul, have in relation to anything is always to be loving. Do you understand that this is the divine purpose that all of us as human beings have been given – to love unconditionally.

– John Morton

All the forces of Spirit are working with you for one intended purpose: that you totally awaken to that which already is – the Light and Sound of God, which is within you at this very moment.

– John-Roger

The Physical Level Is the Classroom

This physical level is the most insecure, the most doubt-ridden, and the most frustrating level, but that's because it is the classroom. The earth is one of those places where the Soul can get the most experience in the shortest period of time, so it chooses to come here as often as is necessary for the correct and useful experiences and to clean up incompletes from past existences. The Soul needs these experiences so it will know how to be an effective and efficient creator.

Our life reveals to us what we have to learn next—not to reveal our failure to us, but to reveal to us where we lacked preparation, where we really weren't thoroughly up on what was going on.

So realize that there are valuable lessons to be learned from and in the "games" of the world—and if you were not still in the process of learning and growing, you would no longer be here in a physical body.

Not One Soul Will Be Lost

Everyone will get off the cycle of return eventually. Everyone will make it. And if you stay within the teachings and the consciousness of the Mystical Traveler, you can be free of the cycle of return this lifetime. So don't worry about it; don't be concerned.

Spirit is not worried. Your Soul is not worried. It knows the perfection. It sees it already accomplished. All you have to do is walk the body and the consciousness through the steps of the process.

There is rejoicing in Spirit when you come home. The way is prepared, and the door is open. All you need do is walk in and claim your heritage.

Live From the Inside Out

Truly, the last frontier is inside of you. When you can enter your loving, your spiritual center, it doesn't much matter what the world presents to you. You have the inner resources to create your own happiness and fulfillment. It is when you rely on something or someone else to make you happy and to bring you fulfillment that you can fall flat on your face. That is when you may have given up your responsibility to yourself.

Jesus told us, "But seek ye first the kingdom of God, … and all these things shall be added to you" (Matthew 6:33). Through misinterpretation of that statement, man has often worshiped an outer God, looking for God somewhere in a church building, a temple, a tabernacle, on the top of a mountain, on the bottom of the ocean, on the moon, etc. We did not hear the rest of the directive, which is that "the kingdom of God is within you" (Luke 17:21). You can't be much more specific than that.

In this world, it is important to carefully select the actions and expressions with which you involve yourself. It is often wise to say, "I'm not doing that. I don't want to be a part of that. I am not against you or the thing you are doing, but for my own balance I must declare that I don't want to be involved with that action." You do have a right to declare your own balance. In fact, it is your divine responsibility to declare it.

You don't need to search outside yourself for direction. You can simply move into your own wisdom anytime you choose and live your life from that reality. So always remain true to that clear center within you that tells you your direction. Listen within to the message of Spirit, your own Spirit, your own consciousness of the Beloved.

All wisdom is available to you at every moment. It is your challenge and your responsibility to attune yourself to Spirit and to the God within so that you may receive the wisdom from yourself. And if you can see beyond the words written on this page, if you see and recognize the truth in the ideas expressed here, it is only because the truth in you knows the truth out here. That part of you that knows the truth, knows what is being taught.

All love is within you. If you enter your inner world in love and if you maintain that love, you can live more freely and effortlessly. The loving heart shoots up like a fountain, into all of life. Whoever encounters a loving

nature can be lifted, and as you express your loving, everyone around you can be touched and awakened.

Realize that your world is inside of you. Radiate your inner Light. Build it and let it shine. Spirit lives in the inner consciousness. Its voice rings in the silence of your spiritual heart. Its movement is in the perfect stillness within. Its greatest expression is in the peace and loving that reside at the core of your beingness.

So don't look for God and Spirit outside yourself. Just awaken to the presence inside, and know that God reigns personally inside you as you and that the Beloved is present.

The Teachings Are Inside

It's important to keep in mind that the outer teachings will never be as dynamic or pure as the inner teachings. It is the Traveler that resides within you who continuously—every moment of every day—gives you the spiritual message from God that you are in your purest form. The person who is truly working within the Movement of Spiritual Inner Awareness goes within to get the answers from the Mystical Traveler, the Inner Master.

Keep in mind, also, that God dwells within you, as you; all you need do is awaken to Its presence, and one way to do that is to listen within yourself to Its loving direction. Ask for God's will to be manifested through you, and then listen for God's voice to speak in your spiritual heart. You have to go inside and talk with the one who is illuminated and enlightened. You keep talking, keep listening, keep communicating, and keep exercising your awareness.

There are no secrets within you. There is no solution that is hidden from you. There is nothing kept back. All

wisdom is available to you at every moment. It is your challenge and your responsibility to attune yourself to Spirit and to the God within so that you may receive the wisdom from yourself. So look inward for your direction. Go to the true self, which has all knowledge. It will direct you and guide you.

Be true to your inner guidance, which is your loving speaking to you and leading you. But never follow blindly the guidance you receive. Check it out. That way, you learn to trust yourself, for you are the only one who can validate your own truth and wisdom.

How do you build up the knowledge of God's inner guidance? By spiritual exercises (see Appendix: How to Do Spiritual Exercises). By practicing. By moving on the guidance you receive, checking the results, continually refining the attunement, and being honest with yourself.

This inner guidance you may receive from Spirit within can sound alien and strange to you if you haven't listened to it for "centuries," yet it is that small voice in the wilderness of your spiritual heart that is telling you the truth. It's saying, "I am the Beloved. I am the one for whom you have been searching. I am the God that dwells in your heart."

You awaken to that voice through spiritual exercises, through contemplation, and by taking the time to be with yourself, away from the distractions and confusions of the world.

The words written in this book may not solve your problems for you. They may not solve anything at all. They may give you some guidelines and directions that will assist you in solving your own problems. If anything at all is required, it's just that you check these things out for yourself. Observing is another way of saying "check it out." So observe, be your own scientific investigator, and see what results you discover.

You must check out these teachings. No one has been told to believe or trust them. That would be nonsense and would be tempting you to your downfall. Do not blindly believe what you read here. If you want to know the truth, you will check it all out for yourself. You will meditate upon the teachings, asking God and the Holy Spirit to show you what is true.

No one can really teach you; you teach yourself. People who have greater awareness can point out the teachings to you and declare them to you and affirm them to you, but in the last analysis, they'll say, "Now, you have to decide for yourself." So you must test the teachings to find out if they are true and valid for you. When you hear any teaching or message, you should always test it out.

So work the new ideas that come your way. See what they do. You won't be deceived by anyone if you check things out thoroughly. Just because the Mystical Traveler says something to you doesn't mean for one minute that you have to follow or believe it.

Something inside of you may be saying, "So far, the Mystical Traveler has always told me the truth," and that's the moment you truly have to watch because the next moment could be a pitfall. Prove to yourself what the Traveler tells you or forget it.

And if you think the Mystical Traveler told you something inwardly, before doing it, look at it to make sure it's for the highest good, physically and spiritually. Lean into it, and use your intelligence to evaluate the pros and cons. If you're still not sure, write it out in a letter to the Mystical Traveler and ask.

Most of you will be able to discern the truth by the time you finish writing the letter. You can then burn the letter and go on about living a Light-filled life. And if you're still unsure, remember this: when in doubt, don't do; when in doubt, talk it out.

Get Your Own Experience

Faith and belief are nice, but they are no substitute for the knowledge based on your own experience, which validates your beingness.

Putting a rain almanac on the wall and trying to squeeze rain out of it will never work, but some people take sacred scripture and try to squeeze Spirit out of it, and that doesn't work either.

We get water and food by the direct experience, not by any type of vicarious fulfillment; we also get spiritual essence by direct experience. You will know what is being said here only when you experience it. The words can appeal to the intellect and may keep your mind happy. The words may also be worthless to you until you can use them to transcend the mind and step into higher consciousness.

You're Never Given Anything You Can't Handle

Spirit will never give you anything you can't handle. So you can be assured that you will always be able to handle what is. You do that by staying present in the moment and just moving through each experience as it appears. You can handle all situations and overcome your dilemmas by moving to your center and pulling forward universal strength.

As long as you keep your consciousness centered, as long as you keep yourself free of expectations and opinions of what should or should not be taking place, and as long as you let your experiences flow into you, you are lifting. At that point, no matter who you are with or where you are, you will be moving forward on your path.

And when you are an initiate of the Mystical Traveler and are working closely and consciously with Spirit, there is no need to ask for anything beyond whatever is for your highest good for your next level of

unfoldment. All things are already being brought to you to lift you, to purify you, to prepare you to receive the keys of God's kingdom.

Karma Is Spelled S.T.U.P.I.D.

Karma is the inability to change an action or to act differently. People have asked me, "How do I know what my karma is?" I say, "What do you do all or most of the time?" They'll tell me and I'll say, "That's your karma." If they say, "But I do other things," I tell them, "Well, there's more than one karma."

Karma is also stupid. It just doesn't have any working intellect at all. You step away from your karma by exercising your intelligence, your positive direction, and your integrity. If you're in a situation that is not working for you, that is bringing you imbalance and pain and confusion, you have the right to set your course in another direction and move away from that which is not working.

Put simply, karma is "as you sow, you reap." Things come back to you that you set in motion a long, long time ago. When you're working directly with the Traveler, you have the opportunity to clear the karma not only of this life but also of previous times.

You have the opportunity to finish up in this lifetime and walk free.

It's a great opportunity and a great blessing. As you walk through the karma, however, it can appear to be very strange. Your challenge is to maintain the focus of Spirit, Light, and Sound and just keep moving steadily forward in that direction, no matter what is happening around you.

If you're smart and wise, the karma that you create during the day, you disperse by the end of the night. If you take a negative thought over to the next morning, you are on the way to building more karma. This is why we say, don't go to bed with things "hanging on your head." Get up and write them on a piece of paper and burn it, if you have to. If you could call up a person and say, "Look, I misrepresented myself and I just want to square it," you'd be further ahead.

And if some people continually evoke a negative response within you, you can put these people in the Light, knowing full well that they are not responsible for how you feel. You are responsible for your response. It then becomes so much easier because you cannot hate anyone or push them away. You can't hate them because they are helping you to balance your past actions, to become clearer, and to lift your consciousness.

The protection of the Mystical Traveler is spiritual, not necessarily physical. If a karmic action can be

handled in the night travels rather than in the physical, then it may well be that you don't have to go through the action physically.

If it is for your highest good for you to go through an action physically, then you will go through it. So don't assume anything; pay attention to what you do here and don't get yourself into situations where it is obvious that there is potential for physical harm.

Love your karma. It is your opportunity to learn and gain wisdom, and you have the opportunity to change the karmic flow of your life through your ability to be loving. By loving the God in yourself and others, you can move into a path of greater unfoldment. Through loving, you can complete your karma.

And don't be shocked at or condemn yourself for how unaware you've been for years. When the veil is parted and you see spiritually, you may see many of the imbalances you've created. As a result, you could enter into condemnation unless you keep the spiritual door open and continually receive the flow of grace, the divine consciousness. When you can do that, you may clear all those past imbalances.

When this body falls away, the Spirit form that will be you will not have any of the personality things pulling on it. So right now, pull up inside of you. Bless your exterior senses. Bless what you see. Bless the food you eat. Bless the bodies you touch. Be thankful for the clothing you have.

Have compassion upon this planet; it's in need of it, but it can have compassion only from someone who carries compassion. You carry compassion. Exercise it through your senses, and you walk through it karmically free.

The World Is Perfect— You Just Don't Like It That Way

The Soul, which is your greatest reality, is perfect. You are already perfect in who you are and what you are. And although you may not know it yet, God's plan for you, for your neighbor, and for the world, is perfect. So if there are still areas of your life that cause you difficulty, bless them. Those areas are your blessings because they move you to seek the Kingdom of God. If all things were perfect here, you might forget all about your spiritual direction.

If you attach yourself to anything in the lower levels and misplace your allegiance, your loyalty, your love, it may be taken from you. And that is the greatest blessing that you may ever receive, so don't be too quick to curse those "difficulties" that befall you. They may be perfectly designed to enhance your greatest good. If all things are right and proper because God is right and proper and if all things are moving towards

divine destiny, then your challenge is to see that and to work in that.

You see, these lower levels can be full of errors, frustrations, and mistakes. They're designed that way. They're designed to refine your level of awareness so you can discover more completely who you are.

People ask, "What's for my highest good?" The Mystical Traveler answers, "You'll find out when you do it." Then they say, "I don't want to make a mistake. I don't want to do anything that will delay my spiritual growth." The Traveler says, "You can't. Your spiritual progress is not necessarily determined by your physical situation."

If there are some areas of your life that may be imperfect and incompletely balanced, can you accept that those may be areas for you to learn about and experience and that perhaps you are not to receive a perfect healing and balance yet? Could it be that this is the prod that keeps you going and growing, searching and questing? Is it possible that this is set up perfectly for your highest good?

The truth is that with each breath, God is saying, "I'm right here. Everything's fine." That is the eternal essence of God that is entirely present at every moment.

There Are No Emergencies in Spirit

It's important to remember that there are really no crises or emergencies. You're either going to live or you're going to die, and if you die, you're really going to live. So there are no emergencies or crises in Spirit.

If you're involved in what feels like an emergency or crisis, don't sit by the telephone. Sit by the Mystical Traveler Consciousness, which is not going to come across on the phone but through the Soul level.

Opinions Are Like Noses

Opinions are like noses: everybody has one. You wouldn't live in someone's nose, so why live in their opinion? Just because someone says something, this does not make it so. It is so only when it's so inside of you, so check things out.

And don't insist that other people live your opinion. Let them do things the way they want.

Be Patient and Relax

To "let go and let God," be patient and relax.

What if, right now, God is using you to bring Its Light and power into this physical-level world? What if, right now, you are living in accordance with God's plan for you? What if you're feeling a little sad and lonely is a tool for you to know yourself more deeply? What if the house burning down is a way God has designed to release you from a lot of worldly attachments and lift your attention to Its presence? What if all things here are designed for your greatest growth and upliftment? If you can catch that vision, it will be easier for you to let go and let God.

You cannot get away from the essence of Spirit within. If you try to deny that essence, the result is disturbance and imbalance. The butterflies in your stomach are you placing yourself against yourself. You don't need to do that. You only need to relax, to let go, and to allow the ongoing process of Spirit to take care of you.

Not a single moment goes by that does not bring you the opportunity to know the Soul more deeply and

more fully. You are the vehicle for experiencing and knowing your Soul. So relax, hold back nothing, and let your Soul be. When you make space for the blessings of Soul to manifest, you become a living blessing.

So give yourself time to let your life unfold within God's timing and in God's way. Trust the Spirit. Trust the Mystical Traveler Consciousness within you. Let Spirit do for you what you may not have the wit to do for yourself.

God takes perfect care of you, if you will only allow it, and life can be very exciting when you let go and let God, when you are patient and relax. If you push for your way, you can end up with karma. If you flow with God's will, you're free.

If It Works for You, Use It; If Not, Have the Wit to Let It Go

Those of us who work in the Light could be called scientists in that we test the information we receive to see if it will work. If it does work, we can use it. If it doesn't work, we can let it go.

In MSIA, we move our consciousness. That's why we call this the *Movement* of Spiritual Inner Awareness: we're moving our consciousnesses from one point to another, always seeking that which will work for us. When a point of consciousness no longer works for us, we hope we will have the wit to move to one that does.

We say, also, that you must follow your own path to enlightenment, and on this inner journey, you will find that you are the only one who can decide what is right for you. You become responsible for yourself and to yourself, and to no others. You are the only one who can answer whether or not what you are doing is best for you.

So if you bow down and worship what the Mystical Traveler tells you without trying it out, you're playing the fool. I can't say it enough times: check out everything for yourself. Don't give over your control to anyone.

Certainly, you can listen to what other people say, walk out into life, put it into practice in a small way, and see if it works. If it does, great; move into it a little more and see if it keeps on working. Use it as long as it works. When it doesn't, keep on walking.

As you learn to tune in to your true self, you will know within yourself whether what you are doing is right for you. And you are the only one to whom you have to give an answer. If you are doing whatever you are doing to the best of your ability and striving as honestly as you can to take care of yourself, you'll find out what works for you and what does not. That will be your guideline.

Do It Yourself

Someone once asked me, "I'd like to know about MSIA. I'd like to know what its services are and what it will do for me." My answer was, "It will do absolutely nothing for you. There are no services that it renders. Everything you get is what you put into it. If you do your part, you'll receive back in full measure, and no one will be able to take it away from you."

In MSIA, we work with you on whatever level you're capable of working. We assist you wherever you let us, but we don't do it for you. The Mystical Traveler won't do it for you because that would stop you. You learn by doing. Some people learn rapidly and go on; others, by the nature of their conditioning, have to look closely at what's happening. They may think they are dragging their feet, but they are really moving forward in the way that's fine for them.

You don't get things in Spirit because you think you ought to have them; you get them because you work for them. The grace of the Mystical Traveler

Consciousness is extended to you and will assist you, and you must still do the work yourself.

The Mystical Traveler is here to support you, love you, show you the way, and help you when you fall down. It will do everything it can to assist you, but it won't do it for you. You have to build up your own inner support system and keep it activated.

The Loyal Forces of the Opposition

I call the negative power "the loyal forces of the opposition," since its job is to make sure we learn our lessons so that we can go back into the higher spiritual realms. It does much to strengthen us, and in this way, it can be seen as positive.

The loyal forces of the opposition are going to make sure that you are worthy of any new position you assume. They are going to make sure that you just don't think you know. They're going to make sure that you don't just go on faith.

You're going to have to know and be able to accomplish what you say you can; you are going to have to experience, demonstrate, and manifest the Soul consciousness.

The negative power will come against you because its job is to make sure you become as strong as you can through the experiences of this world. Its prime directive is to distract you into the world so that you don't

do the things that will build the energy sufficiently to thrust you through to Soul consciousness.

And as you get higher, the distractions become much more subtle. If you follow the direction of any negative form, it will become your focus, so be careful because the negative power is very smart, and its lessons are not necessarily loving or uplifting.

In MSIA, we do not pay a lot of attention to the negative power, though we do learn how to hold a focus of loving in the face of it, because we keep our attention on where we are going—Soul Transcendence and God.

Forgiveness Is the Key to the Kingdom

Sometimes you may still fall into the trap of thinking that if you're really spiritual and really living the Mystical Traveler's teachings, nothing will ever upset you, you won't make any mistakes, and you'll be able to smoothly handle anything that comes your way. And it just doesn't seem to happen that way. Sure, you might get upset sometimes. Sure, you might get hurt sometimes. But you don't have to hold on to it forever and ever. You can own up to it, let it go, and move on.

In Soul, you step free from the past. There is nothing you have done that you cannot transcend because you are greater than any of your actions. So whatever has happened in the past, with whomever, over whatever, is past. It is as simple as that because it's past.

Whether they were right or wrong, whether you did or you didn't do it, whether they did or they didn't—all that is immaterial. Don't waste your time on it.

And if you had a difficult childhood and your parents did some things that weren't the best, you can let that go, take responsibility for where you are right now in your life, and change anything that you are still holding on to from childhood.

There is no vacuum in these universes. The Spirit is everywhere. So when you relax a position and let it go, the Spirit, the Light, will fill that space. And when you are attuned to Spirit and are experiencing the love of Spirit, the negativity of others does not matter, and your own negativity does not matter. There is love and forgiveness for everything and everyone.

So sacrifice any negative images of yourself and realize that whatever your transgressions, you are a spiritual being worthy of God's love and Light. In this, you forgive yourself and lift once again into the more positive expression.

You can do this instantly; you do not have to prolong the punishment of separation and denial. For there is nothing that is not forgiven. There is no Soul that is ever abandoned or lost. So keep forgiveness and unconditional love flowing, for yourself and all others.

If we're going to live a life of health, wealth, and happiness and prosperity and loving and caring and sharing, then we're going to have to just forgive everything as the Christ forgives and go on living the life of enlightenment. What a challenge, but it is so easy.

Completion Is the Name of the Game

This life is very easy.

Do and complete, do and complete, do and complete, do and complete—no karma.

Say you're going to do and then not do—karma.

Start to do and then not finish—more karma.

Feel bad about all that—more karma.

It's obvious we've got more karmas than we've got completions.

Some incompletions apply to things you have around you. So simplify your life. You don't need all the clutter you are holding on to. Get rid of it now because it is stealing your energy; clutter actually takes energy to maintain.

Start with the smallest things. If you clear away a little, you'll be amazed at the vast amounts of energy it can release inside of you. Keep around you only the things that give you energy.

And many times what you are involved in is wrapped up in memories that keep dragging you back to the past.

Completion does not necessarily mean being finished physically. You can declare something completed by just saying, "It's done. I'm not going to do it anymore. It's finished just as it is."

In all of this, the challenge is to make your mind hold a focus until you complete the action of your thought. If you learn only that, you will have overcome this earth.

Living in Grace

What is the work that you're here to do? The most immediate thing in front of you, and there are two choices: either live under the law of karma or live under God's grace of loving. You can have your choice. And the grace of God did not say for one minute that you won't have any pain. It just said you can live in the Spirit while you walk through this world.

So put your loyalty to the Soul and to your awareness of Soul—*right here and now*. Lift above the lower world and live in the grace that your own Spirit can bring to you. When you express loving towards one another, this holds you more in the consciousness of grace.

In that consciousness of grace, all things are made new, and then each person resurrects to the consciousness of God and becomes the Beloved and walks with the consciousness of the Mystical Traveler right into the Heart of Hearts, right into God.

Baruch Bashan

Baruch bashan means "the blessings already are," and the frequency of these Hebrew words inherently conveys the blessings to your consciousness. All the blessings that will ever be present exist here and now, and all you do is move into the realization of those blessings.

Glossary

Movement of Spiritual Inner Awareness (MSIA). A church whose major focus is to bring people into an awareness of Soul Transcendence. John-Roger is the founder.

Mystical Traveler Consciousness. An energy from the highest source of Light and Sound whose spiritual directive on Earth is awakening people to the awareness of the Soul. This consciousness has always been anchored on the planet through at least one person.

90-percent level. That part of a person's existence beyond the physical level; that is, one's existence on the astral, causal, mental, etheric, and Soul realms.

Soul Transcendence. The process of moving the consciousness into the Soul realm and beyond.

10-percent level. The physical level of existence, as contrasted with the 90 percent of a person's existence that is beyond the physical realm. See also 90-percent level.

Appendix:
How to Do Spiritual Exercises

A common question that is asked by people new to MSIA is, "Where do I start, if I want to do spiritual exercises (s.e.'s)?"

John-Roger has often said that "the only wrong way to do s.e.'s is not to do them," so there are no rules, rituals, or postures that are necessary to begin your practice. Mostly, s.e.'s are an action of the heart, in which the approach is one of devotion and a clear intention to know Spirit or God in a greater way.

Having said that, for those people who would like to have some form of methodology so they can begin their s.e.'s, we are offering the following step-by-step procedure as a suggestion for doing fifteen minutes of s.e.'s.

1. Find a quiet place with low lighting and a comfortable chair to sit in. It's best not to listen to music while doing s.e.'s (although it's fine to listen to music while getting ready to start your s.e.'s).
2. Sit upright, if possible, and close your physical eyes.

3. Call yourself forward into the Light for the highest good, and ask the Mystical Traveler for protection and guidance during your s.e.'s.
4. Chant HU (pronounced like the name Hugh) or the Ani-Hu (pronounced anai-hugh), which are sacred names of God. It's preferable to do this inwardly (silently).
5. While chanting, focus your attention in the area near the center of the head directly back from your forehead. It is in this place that the Soul resides and the Soul energy gathers.
6. After you have chanted for about five minutes, stop and listen within. You are listening for the Sound Current, which is very subtle. You may hear it the first time you do this, or it may take years of practice. It is a very individual matter.
7. If you find your mind wandering and you lose the focus of listening, you can focus the mind by chanting again.
8. After about five minutes of listening, you can either continue to listen and look inside or return to chanting again. The times are approximate, of course. The idea is to spend time in s.e.'s doing both chanting and listening.
9. If you see the color purple coming from the right or center of your head, you can allow yourself to follow this inwardly, for this is a form the Mystical Traveler often takes. If the color (or any other

form) is coming from the left side, we advise not following it because this is often a negative influence. (All this applies to seeing inwardly.)

10. After about five minutes, you can open your eyes. You may want to wiggle your fingers and toes to bring the energy back into your physical body.

And so ends your fifteen minute session of s.e.'s.

Through daily practice, you can gradually build on this time period. For longer periods of s.e.'s, you can expand the time for chanting and listening to fifteen minutes each. For example, in an hour session of s.e.'s, you can chant for fifteen minutes, listen for fifteen minutes, and then repeat the chanting-and-listening cycle one more time.

All the above are guidelines, and it's important to remember that the only wrong way to do s.e.'s is not to do them. So you can experiment with how you do s.e.'s, using what works for you at a particular time and not getting attached to a certain form. And, again, the focus is on doing your spiritual exercises with as much loving and devotion to God as you can.

Let's end with a quote from John-Roger, who, to me, is always the ultimate pragmatist:

"Boy, how I wish you could do your spiritual exercises like you can get involved in your fantasies and thought forms! You'd be in the Soul realm immediately."

Enjoy your walks with the Lord.

Paul Kaye

About the Author

John-Roger (1934-2014)

For over forty years, Dr. John-Roger's life was devoted to the spiritual work of Soul Transcendence, the realization of oneself as a Soul and as one with the Divine. In the course of his work, he traveled and spoke extensively throughout the world and wrote over fifty books, two of which were on the New York Times Bestseller List.

John-Roger has given over six thousand talks, and many can now be found on MSIA's streaming service *That Which Is* (TWI) at: www.thatwhichis.org

That Which Is is also available through the MSIA App (for both iOS and Android devices).

John-Roger was the founder and spiritual advisor of the nondenominational Church of the Movement of Spiritual Inner Awareness (MSIA); founder, first president, and former chancellor of the University of Santa Monica; founder and former president of Peace Theological Seminary & College of Philosophy; founder and former chairman of the board of Insight Seminars; founder and first president of the Institute for Individual and World Peace; and founder of the Heartfelt Foundation.

John-Roger's wisdom, humor, common sense, and love have helped people discover the Spirit within themselves and to find greater health, prosperity, and peace. His legacy continues to transform lives by educating people in the wisdom of the spiritual heart.

For more information about John-Roger, you may also visit: www.john-roger.org

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